



Resources for De-Cluttering and Organizing

- Karen Kingston: Clear Your Clutter with Feng Shui – Free Yourself from Physical, Mental, Emotional, and Spiritual Clutter Forever
- Dorothy Lehmkuhl & Dolores Cotter Lamping: Organizing for the Creative Person – Right-brain styles for conquering clutter, mastering time, and reaching your goals
- Julie Morgenstern: Organizing from the Inside Out
- Peter Walsh: It's All Too Much
- Most Right-brain people I know are extremely sensitive to the energy people around them give off. We are extremely vulnerable to the different energy vampires, so I thought I would also share the following book by Judith Orloff, M.D.: Positive Energy. I received great insight from this book.

A Few Best Practices

- Change the way you look at your “stuff”. Next time you postpone a decision, stop/pause, breathe, and ask the tough questions. Choose not to be on autopilot.
- Purge, Purge, Purge: The more you have the more you have to manage and the less time and energy you have to tend to the important things and people in your life.
- Remember two rules of thumb:
 - A place for everything and everything in its place
 - One in – One out. Before you even buy something, ask yourself: “Once I get home, what will I get rid of?” You might put that shirt or candle back on the shelf.
- Schedule maintenance time into your agenda - even if it is 10 minutes per day! If you fail to plan, you plan to fail. (Benjamin Franklin)

Remember that by creating space in your environment, your relationships, your mind, your heart, and your beliefs; you make room for your dreams!